

About Us

The Highlands Recreation District (HRD) is a public agency governed by an elected Board of Directors (5). The Board meets at 7:00pm on the second Tuesday of each month in the Multipurpose Room. The Board Members are Pam Merkadeau, Michelle McNeil, Hal Carroll, Eric Olbekson and Sterling Sakai. The HRD is supported by property taxes and user fees and operates the Highlands Recreation Center. All Board Meetings are open to the public. We welcome your ideas and attendance at the Highlands Recreation Center, a community place to learn, grow and play.

HRD Mission Statement

The Highlands Recreation District is dedicated to providing beneficial, safe and enriching programs and services to the Highlands Community.

Americans with Disabilities Act



Meeting Your Needs.

It's the Highlands Recreations Center's intent to make reasonable accommodations, when required, for all participants in activities. If assistance is needed, please call 341-4251 and ask for the program supervisor in charge of the activity you're interested in.

Office Staff

| | |
|--------------------------|-------------------|
| General Manager | Brigitte Shearer |
| School-Age Director | Mike Koenig |
| Recreation Supervisor | Jeff Schwartz |
| Early Education Director | Rebecca Hitchcock |
| Aquatics Supervisor | Patricia Hall |
| ASP Head Teacher | Brenda Tam |
| Recreation Coordinator | Amanda Armstrong |
| Bookkeeper | Naomi Kawakita |
| Maintenance | Steve Risso |
| Administrative Assistant | Cynthia Fregoso |

**Have your PARTY at the
Highlands Recreation Center!**

**Gym Social Room
Multipurpose Room**

For more information about pricing and availability, or to reserve your date, call the Recreation Supervisor at (650) 341-4251.

All rentals include: Facility Capacity:
Tables, Chairs and Gym 132, Social Room 75,
Rental Supervisor. Multipurpose Room 75.

Fall Dates to Remember

August

| | |
|-----------------------------|------|
| HRD Board Meeting | 8/16 |
| Highlands Rec Soccer Begins | 8/27 |

September

| | |
|---|------|
| Labor Day- Office Closed, Pool Sat. Hours | 9/5 |
| Summer Concert | 9/10 |
| HRD Board Meeting | 9/13 |
| Pool Member Appreciation | 9/14 |
| Community Rummage Sale | 9/24 |

October

| | |
|--|-------|
| HRD Board Meeting | 10/11 |
| Underwater Pumpkin Patch + Chalk Event | 10/15 |
| Halloween Event | 10/28 |

November

| | |
|---|-------|
| HRD Board Meeting | 11/8 |
| Veteran's Day- Office Closed, Pool Sat. Hours | 11/11 |
| Thanksgiving Break-Office/Pool Closed | 11/24 |
| Thanksgiving Break-Office/Pool Closed | 11/25 |

December

| | |
|--------------------------|-------|
| Holiday Event | 12/2 |
| HRD Board Meeting | 12/13 |
| Office closes at 12:30pm | 12/23 |
| Office closes at 12:30pm | 12/30 |

Note: Classes may be cancelled on legal holidays

Se Habla Español

Si ocupa asistencia en Español llamen a (650) 341-4251 por favor de hablar con Cynthia de Lunes a Viernes 9am a 5pm.

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Pool Memberships

Our pool and fitness memberships can be paid monthly or annually. If paying monthly, it is required that you sign up for ACH Automatic Payments. To become a member, there is an initial registration fee. As long as your membership remains current, you will never pay the registration fee again.

Monthly Fee:

| | Highlands Res | CSA 1 Res | Non-Res |
|---------------|----------------------|------------------|----------------|
| Senior(62+) | \$15 | \$20 | \$25 |
| Adult | \$20 | \$25 | \$30 |
| Add'l. Adults | \$8 | \$11 | \$15 |
| Per Child | \$3 | \$3 | \$5 |
| Registration | \$200 | \$250 | \$300 |

Notes:

1. All pool memberships include fitness room membership.
2. Each pool member receives a 10% discount on their aquatic class fees, except private & semi-private lessons.
3. Child price is age 3-17. Children under 3 are free.
4. Pay for the year in full at time of registration and receive \$40 off the annual fee for a family membership (3 or more people over the age of 2) or \$20 off the annual fee for an individual or 2 person membership.

Entrance Fees for Non-Members

Residents: \$5 per person with proof of residency (swimming or non-swimming)

Non-Highlands Residents: \$10 per person (swimming or non-swimming)

Guests of Member: \$3 per person (member must be present during entire visit, 6 guests max per family membership)

Underwater Pumpkin Patch

Come pick out a pumpkin at our aquatic pumpkin patch! Participation fee \$5. Pumpkins will cost \$2-20 based on size. There will be fun seasonal games and races for children of all ages. Hot apple cider and other seasonal goodies will be for sale. This is a great way to pick out your pumpkins for the holiday!

Saturday, October 15th
1:30-3:30pm

Fall POOL HOURS

8/15/16-1/1/17

| | | |
|---------|----------------|-----------------|
| MWF | 6:15-9:00am | Lap Swim |
| | 11:00am-1:00pm | Rec/Lap Swim |
| | 3:30-5:00pm | Rec Swim |
| | 5:00-7:00pm | Friday Rec Swim |
| TTh | 5:00-8:15pm | Lap Swim |
| | 3:30-5:00pm | Rec Swim |
| | 5:00-8:15pm | Lap Swim |
| Sat/Sun | 10:30am-1:00pm | Lap Swim |
| | 1:00-5:00pm | Rec Swim |
| | 5:00-6:00pm | Lap Swim |

**Lap lanes available depending on activity schedule (See lap lane designation)*

Pool Schedule Changes

Pool Closed:

| | |
|-------------|--------------------------|
| 10/17-10/28 | Pool Closed-Dome Install |
| 11/24-11/27 | Thanksgiving Break |
| 12/24-1/1 | Winter Holiday Break |

Hour Changes:

| | |
|-----------|---|
| 9/5/16 | Labor Day - Close at 1pm |
| 11/11/16 | Veteran's Day- Close at 1pm |
| Dates TBD | Pool closes at 4pm for all HDAC swim meets (check the website for more info.) |

Pool Member Appreciation

All Members are invited to join us to celebrate their loyalty and commitment to the pool!

Snacks and beverages will be available! A special prize to the first 25 families!

September 14, 2016
5:30-7:30pm

For Your Health

It is the Highlands Rec Pool Policy that all children the age of 3 and under (recommended for children age 4) must wear a swim liner while in the pool. Reusable liners are available at the pool office for \$10. (ie: "Huggies Little Swimmers" and other products made for swimming are acceptable.)

***Drill Warning:** Please be aware that during the year HRC will be performing unannounced emergency rescue drills at the pool. We ask for your cooperation during these drills. These drills are an essential part of emergency preparation.

Youth Swim Lessons

Youth Swim Lesson Descriptions

Guppies (L1) (Minimum age 3) - Students focus on developing independence, confidence and basic safety skills. Students are supported and assisted by the instructor in all skills. **Skills include** - bobbing, floating, retrieving objects, water entry and exit, pool safety and moving through the water.

Seahorses (L2) - Swimmers learn to coordinate arm and leg actions and swim independently on both front and back, building on level 1 skills to increase confidence, independence, and water safety skills. **Prerequisite skills** - completely submerge underwater unassisted, able to preform assisted skills with face in water. **Skills include** - unassisted floats, glides, big arms, elementary backstroke and rollovers.

Marlins (L3) - Swimmers learn breathing technique for freestyle. They will increase their confidence and skill base in freestyle, backstroke, and elementary back stroke. They will become more comfortable in deep water while developing their treading skills. **Prerequisite skills** - Front and back floats, big arms with rollovers, elementary backstroke 5 yds, backstroke 5 yds. **Skills include** - side breathing, treading, coordinated freestyle and backstroke, intro to breaststroke kick, and diving progression.






Sting Rays (L4) - Swimmers will enhance their freestyle and backstroke while building onto their breaststroke kick. They will be introduced to butterfly kicks, turns, and continue diving progression. **Prerequisite skills** - Side breathing 10 yds, backstroke 15 yds and treading water for 30 seconds.

Skills include - side butterfly, open turns, and racing dives.

Sharks (L5) - Swimmers refine their swimming technique for freestyle, backstroke, and breaststroke. They learn to coordinate their butterfly.

Prerequisite skills - Freestyle and backstroke 25 yds, breaststroke 10 yds, treading water for 1 minute, dolphins kicks.

Skills include - all strokes, racing dives, and turns.

| Fall Sessions | | M/W |  Guppies (L1) |  Seahorses (L2) |  Marlins (L3) |  Sting Rays (L4) |  Sharks (L5) |
|---------------|---------|---------------|--|--|--|---|---|
| 8/15-8/31 | \$74/86 | 3:30-4:00pm | ● | ● | | | |
| 9/7-9/21 | \$62/72 | 4:00-4:30pm | | | ● | ● | |
| 9/26-10/12 | \$74/86 | 4:30-5:00pm | ● | | ● | | |
| 11/2-11/16 | \$62/72 | 5:00-5:30pm | | ● | | | ● |
| 11/28 - 12/14 | \$74/86 | | | | | | |
| 8/16/9/1 | \$74/86 | T/TH | | | | | |
| 9/6-9/22 | \$62/72 | | | | | | |
| 9/27-10/13 | \$74/86 | 5:00-5:30pm | | ● | ● | | |
| 11/1-11/17 | \$74/86 | 5:30-6:00pm | ● | | | ● | |
| 11/29-12/15 | \$74/86 | 6:00-6:30pm | | ● | | | ● |
| 8/19-9/2 | \$37/43 | Friday | | | | | |
| 9/9-9/23 | \$37/43 | | | | | | |
| 9/30-10/14 | \$37/43 | 3:30-4:00pm | ● | ● | | | |
| 12/2-12/16 | \$37/43 | 4:00-4:30pm | | ● | ● | | |
| | | 4:30-5:00pm | | | ● | ● | |
| | | 5:00-5:30pm | | | | ● | ● |
| 8/20-9/3 | \$37/43 | Saturday AM | | | | | |
| 9/10-9/24 | \$37/43 | | | | | | |
| 10/1-10/15 | \$37/43 | 10:30-11:00am | | ● | | | ● |
| 11/5-11/19 | \$37/43 | 11:00-11:30am | ● | | ● | | |
| 12/3-12/17 | \$37/43 | 11:30-12:00am | | ● | | ● | |
| | | 12:00-12:30pm | | | | ● | ● |
| | | 12:30-1:00pm | ● | | ● | | |
| 8/21-9/4 | \$37/43 | Sunday AM | | | | | |
| 9/11-9/25 | \$37/43 | | | | | | |
| 10/2-10/16 | \$37/43 | 10:30-11:00am | | ● | ● | | ● |
| 11/6-11/20 | \$37/43 | 11:00-11:30am | ● | | | ● | |
| 12/4-12/18 | \$37/43 | 11:30-12:00am | ● | ● | | | |
| | | 12:00-12:30pm | | | ● | | ● |
| | | 12:30-1:00pm | | | ● | ● | |

Barracuda Fitness

Barracudas is designed for stroke efficiency, and endurance. In this level, students will learn how to make all four competitive strokes (butterfly, backstroke, breaststroke, freestyle) as streamlined as possible. During this session, students will learn drills that enhance the understanding of how each stroke works. Drills break down the stroke step by step and help the swimmer feel each mechanical part of the stroke, which in turn helps make the stroke smooth and efficient. They will also learn legal flip turns and dives. To enhance endurance, students will also be doing interval training utilizing the pace clock. **Prerequisite: Pass Sharks (Level 5).**

| | | | |
|------|-------------|-------------|---------|
| T/Th | 8/16-9/1 | 4:30-5:00pm | \$74/86 |
| T/Th | 9/6-9/22 | 4:30-5:00pm | \$62/72 |
| T/Th | 9/27-10/13 | 4:30-5:00pm | \$74/86 |
| T/Th | 11/1-11/17 | 4:30-5:00pm | \$74/86 |
| T/Th | 11/29-12/15 | 4:30-5:00pm | \$74/86 |

Chalk Full O'Screams! October 15th, 2016 10-1pm



Calling all Artists! Come show the Highlands your talent, using the pool deck as your canvas! All artists will have a square on the deck to create Halloween Art! More information to come!

***Join us for the Underwater Pumpkin patch at 1:30pm!**

Kids!

Private Lessons

Adults!

Have you always wanted to learn how to swim, or just improve your skills? Don't think you have the time? Private lessons provide the perfect opportunity to reach your goals. Classes are tailored to meet the student's needs. Highlands Swim School is scheduling Private (1 student/1 instructor) and Semi-Private (2 students/1 instructor) lessons. Fee is for one single 28 min lesson. Call Private Lesson Coordinator at (650) 341-4251 to schedule. **Payment for lesson must be made prior to lesson.**

Private: \$31/36

Semi-Private: \$25/30 (per child)

Private Diving Lessons

with Kelly Winterbottom

\$40 for a 28 min lesson.

Failure to attend a semi or private lesson without 24 hour notice will result in being charged for the missed lesson

Water Aerobics

Come join us in our heated swimming pool. Have fun and exercise at your own pace. Our program is designed to improve your cardiovascular fitness, flexibility, coordination, balance, and helps increase strength and endurance. All fitness levels are welcome. No swimming skills are necessary. This program is for adults of all ages. **Instructor: Sandra Burgess. No class: 9/5, 10/17-10/28, 11/11, 11/25, 12/25-1/1.**

M/F On-Going 11:05am-12pm \$89/94 month

Arthritis Aquatic Program

Come join us in a recreational Arthritis Aquatic program conducted in our heated swimming pool. This program provides a fun, social atmosphere where participants are led through a series of specially designed exercises geared toward reducing pain and stiffness associated with Arthritis. The warm water and gentle movements help increase joint flexibility and range of motion while restoring and maintaining muscular strength. The Arthritis Aquatic program is suitable for all fitness levels and does not require the ability to swim. Adults of all ages welcome. Classes are taught by a certified Arthritis Aquatic instructor. **Instructor: Sandra Burgess. No class: 10/19, 10/26, 12/24-1/1.**

W On-Going 11:05am-12pm \$52/57 month

Aqua Track

This deep water exercise program will improve your fitness and reduce stress. While wearing a flotation belt you will exercise vertically in deep water. Join this no impact and gentle resistance workout program that is perfect for arthritis or rehabilitation from injury. Adults of all ages. **No class: 9/5, 10/17-10/28, 11/11, 11/25, 12/25-1/1.**

M/W/F

On-Going

8-9am

Punch Card Fees for Aqua Track

Drop-in Fee: \$10, 5 Use Card: \$40

10 Use Card: \$70, 20 Use Card: \$120

Lifeguard Training

This comprehensive training program is for the individual who wishes to become a lifeguard at a pool. This will certify the passing student in CPR for the Professional Rescuer, First Aid and Lifeguard Training. Students must be 15 years old or older (proof of age must be shown at the 1st meeting) and pass a water skills test to be admitted into the class. Bring class material, swim suit, towel and comfortable clothing. **MUST ATTEND ALL CLASSES PER SESSION!**

M-Th 12/19-12/22 8am-5pm \$230/240

Blended Learning

This Lifeguard Training class allows students to complete coursework at home and attend less class time with us! Class times are listed below.

Sat/Sun 9/17 & 9/18 8am-5pm \$230/240

Sat/Sun 10/29 & 10/30 8am-5pm \$230/240

Sat/Sun 12/3 & 12/4 8am-5pm \$230/240

Highlands Dolphins Aquatic Club



The Highlands Dolphins Aquatic Club (HDAC) is a positive energetic swim program designed to help participants achieve their personal best. Regular practices contribute to life long fitness skills. Annually, all swimmers must register with USA Swimming. All swimmers have the opportunity to compete regularly in local dual meets during the summer and in USA Swimming meets year round. Swimmers are encouraged to continue with swim lessons to receive hands-on instruction. For try outs, please contact Coach Zach Wolfe at swimmingwolfe@yahoo.com

Red Group

Pre-requisite: Ability to swim 25 yards (one length of the pool) freestyle, backstroke, and breaststroke and some knowledge of butterfly.

| | | |
|-------------------|-------------|---------|
| M/W | 5:00-5:30pm | \$63/78 |
| T/Th | 5:00-5:30pm | \$63/78 |
| Red 4 days a week | | \$83/98 |

White Group

Pre-requisite: Ability to swim 50 yards (two lengths of the pool) of freestyle, backstroke, and breaststroke, and 25 yards of butterfly. Be able to complete 500-750 total yards at practice.

| | | |
|---------------------|-------------|----------|
| M/W | 5:30-6:15pm | \$73/88 |
| T/Th | 5:30-6:15pm | \$73/88 |
| White 4 days a week | | \$86/101 |

Blue Group

Pre-requisite: Ability to swim 100 yards (four lengths of the pool) of freestyle, 50 yards backstroke and breast stroke and 25 yards of butterfly.

| | | |
|--------------------|-------------|----------|
| M/W | 6:15-7:00pm | \$73/88 |
| T/Th | 6:15-7:00pm | \$73/88 |
| Blue 4 days a week | | \$86/101 |

Bronze Group

This group is for swimmers interested in improving their swimming ability, both fitness level and form. Swimmers must be comfortable swimming 100 yards (4 lengths of the pool) of Freestyle Backstroke and breaststroke and 50 yards butterfly. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

| | | |
|------|-------------|----------|
| M-Th | 7:00-8:00pm | \$92/108 |
|------|-------------|----------|

Silver Group

This group is for swimmers who love the water and are able to swim 200 yards freestyle, Backstroke and breaststroke and 50 yards of butterfly. The group works on improving form, endurance, speed and fitness. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

| | | |
|------|-------------|----------|
| M-Th | 7:00-8:15pm | \$98/113 |
|------|-------------|----------|

Gold Group

This group is for swimmers who love the water and are able to swim 400 yards freestyle, 200 yards backstroke and breaststroke and 100 yards of butterfly. Be able to complete 2000-3200 for Gold practice. This group works on improving form, endurance, speed and fitness. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

| | | |
|------|-------------|----------|
| M-Th | 7:00-8:15pm | \$98/113 |
|------|-------------|----------|

Late Fees

All monthly fees must be paid by the **5th business day of each month**. All monthly fees paid after the 5th business day of each month will be subject to a **\$15 late fee** per child per class.

Parent Volunteering

Part of what makes a successful swim team is the active participation of the parents as well as the swimmers. Swim Team parents will be expected to volunteer at meets and fund raising events. Pre-Team parents are encouraged to volunteer as well. The Swim Team Boosters meet once a month and attendance is encouraged.

Swim Select: Swim with Steve!

Swimming effortlessly is a matter of technique and endurance. Being able to comfortably swim multiple laps or do an open water swim requires both! The better your technique and endurance in the water, the more you will enjoy and benefit from swimming. To reach your swimming goals, HRD is offering Swim Select lessons given by one of our senior swim instructors, Steve Marra. Steve has taught elite athletes for many years. Steve brings his coaching talent and focus on endurance sports and people to our Swim Select swim program. **Pre-requisite: must be in Sting Rays or above.** Email Steve to set up times, steve.marra7@gmail.com, then pay for classes through the Highlands Recreation Center registration office.

Class for 30 minutes is \$46/56, class for 45 minutes is \$70/80, class for 60 minute \$95/105.

Early Education Center

serving Infants through PreKindergarten

Year Round, Full Time, Quality Care.
Monday-Friday, 7:30am-6pm.

Our Center is home to 3 Classrooms:

- * Monkeys for children ages 3 months through age 2
- * Chameleons for children ages 2 years through age 3.5
- * Tigers for children ages 3.5 through age 5.5

Our Play Based Center Features:

- Age appropriate toys to promote cognitive, social, emotional and physical development
 - Developmentally appropriate curriculum to encourage future academic success
 - Enthusiastic, experienced and nurturing teachers to provide emotional comfort and positive support to guide your young one through the important and delicate stages of life

For Your Calendar . . .

EEC Closed:

Independence Holiday: 7/4/16

Teacher Training: 8/15/16-8/16/16

Labor Day: 9/5/16

Veteran's Day: 11/11/16

Thanksgiving Break: 11/23/16-Closes at 4:30pm

Closed: 11/24/16-11/25/16

Christmas Eve: 12/23/16- Closes at 4:30pm

Christmas Observed: 12/26/16

New Year's Eve: 12/30/16- Closes at 4:30

New Year's Day: 1/1/17

Please contact Rebecca Hitchcock, Early Education Director, for more info, to join our waitlist or to schedule a tour. rebeccah@highlandsrec.ca.gov



After School Program

2016-2017 (M-F until 6pm)

The After School Program is open to Elementary School students in grades K-5. The ASP schedule adjusts to the dismissal schedules of all grades at Highlands Elementary and is open on most Highlands School Staff Development days. The ASP program provides a safe and happy environment for children to enhance their physical and social development. Our licensed program and trained staff strive to provide the lifeskills necessary for children to be confident and happy citizens of our community. There's quiet time for homework, a creative art project or a rousing game of dodgeball awaiting your child at the ASP. Rec swim is offered Tuesdays and Thursdays from 3:30-5pm at no additional charge. We also provide an afternoon snack each day. Your child can easily participate in a wide array of classes and programs offered through the Rec. **ASP Head Teacher: Brenda Tam**

ASP 2016-2017 Fees

All Drop Ins for Kinder: \$70/75
1st-5th: \$65/70

Sept/Nov/Jan/Feb/March/May:

| | 5 Days | 4 Days | 3 Days | 2 Days | 1 Day |
|-----------|-----------|-----------|-----------|-----------|-----------|
| Kinder | \$650/670 | \$601/621 | \$504/524 | \$419/439 | \$245/265 |
| 1st - 5th | \$503/523 | \$459/479 | \$372/392 | \$304/324 | \$173/193 |

Oct (3-21, 31)/ Apr (10-28):

| | 5 Days | 4 Days | 3 Days | 2 Days | 1 Day |
|-----------|-----------|-----------|-----------|-----------|-----------|
| Kinder | \$520/540 | \$455/475 | \$380/400 | \$315/335 | \$185/205 |
| 1st - 5th | \$402/422 | \$350/370 | \$280/300 | \$228/248 | \$130/150 |

Aug (17-31)/ Dec (1-16)/ June (1-14):

| | 5 Days | 4 Days | 3 Days | 2 Days | 1 Day |
|-----------|-----------|-----------|-----------|-----------|-----------|
| Kinder | \$390/410 | \$338/358 | \$295/315 | \$262/282 | \$130/150 |
| 1st - 5th | \$302/322 | \$258/278 | \$220/240 | \$190/210 | \$100/120 |

*After School care
for Kindergartners
is from 12pm-6pm.

*1/2 day Kinders is
available from 12pm-3pm.
(same price as 1st-5th)

ASP & In Crowd 2016-2017

\$75 Non-Refundable Registration Fee (per child for first day & \$20 for each additional day)



Sibling Discount

School Year: \$10 per month second child discount for siblings enrolled in any of the following programs: ASP, In Crowd & EEC.

Camps: \$5 per session second child discount for siblings enrolled in any of our camp programs.

ASP/In Crowd Emergency packets available online:
www.highlandsrec.ca.gov

Child Care Late Fees

All monthly fees must be paid by the **5th business day of each month**. All monthly fees paid after the 5th business day of each month will be subject to a **\$25 late fee** per child per month. **Late pick up charge: \$10 per every 5 minutes past 6pm.**



For Your Calendar...

ASP/IN CROWD CLOSED:

Labor Day: 9/5

Fall Break: 10/24-10/28

Veteran's Day: 11/11

Thanksgiving Break: 11/24, 11/25

Winter Break: 12/19-1/6

Martin Luther King Jr. Day: 1/16

President's Day: 2/20

Spring Break: 4/3-4/7

Memorial Day: 5/29

Staff Development Days

ASP/IN CROWD OPEN ALL DAY

10/31/16, 11/23/16, 1/9/17, 2/21/17

Full Day Drop In based on availability:
\$75/80 (7:30am-6pm).

ASP/InCrowd: Free, if this is your regularly scheduled day of the week.

1st Day of ASP/IN CROWD: 8/17/16

Last Day of ASP/IN CROWD: 6/14/17

“In Crowd”

M-F, 3-6pm

Are you looking for a quality well organized program for your middle school student? Look no further, because Highlands Rec Center prides itself on providing quality activities for students in 6th, 7th and 8th grade at the CSUMC at 2145 Bunker Hill Dr. Our enthusiastic Head Teacher will provide safe supervision while encouraging age appropriate independence. A healthy afternoon snack is provided each day along with a quiet hour for homework, special activities, games and more. All minimum days accomodated. We transport children from Abbott Middle School to the In Crowd and escort children who attend Borel Middle School from the bus stop across the street from The Church. **In Crowd Head Teacher: Taylor Cianciolo.**

**All Drop-Ins
for In Crowd:
\$65/70**

In Crowd 2016-2017 Fees

Sept/Nov/Jan/Feb/March/May:

| | | | | |
|----------------------|----------------------|----------------------|----------------------|---------------------|
| <u>5 Days</u> | <u>4 Days</u> | <u>3 Days</u> | <u>2 Days</u> | <u>1 Day</u> |
| \$503/523 | \$459/479 | \$372/392 | \$304/324 | \$173/193 |

Oct (3-21, 31)/ Apr (10-28)::

| | | | | |
|----------------------|----------------------|----------------------|----------------------|---------------------|
| <u>5 Days</u> | <u>4 Days</u> | <u>3 Days</u> | <u>2 Days</u> | <u>1 Day</u> |
| \$402/422 | \$350/370 | \$280/300 | \$228/248 | \$130/150 |

Aug (17-31)/ Dec (1-16)/ June (1-14):

| | | | | |
|----------------------|----------------------|----------------------|----------------------|---------------------|
| <u>5 Days</u> | <u>4 Days</u> | <u>3 Days</u> | <u>2 Days</u> | <u>1 Day</u> |
| \$302/322 | \$258/278 | \$220/240 | \$190/210 | \$100/120 |



Kids Nite Out

Take advantage of an evening out while your kids are having a fun filled night at the Rec. Pizza dinner and movie provided! Let them come play, relax and have fun in a safe and supervised environment. Pre-registration required. No Drop-ins available. **\$5 sibling discount.** **K-5th Grade. 4 yrs allowed if sibling of ASP child only. Must be potty trained. No diapers please.**

| | | | | |
|---|-------|--------|------------|------|
| F | 9/16 | 6-10pm | \$30 child | S.R. |
| F | 10/14 | 6-10pm | \$30 child | S.R. |
| F | 11/18 | 6-10pm | \$30 child | S.R. |
| F | 12/9 | 6-10pm | \$30 child | S.R. |

Late Pick-Up Charge: \$10 per every 5 minutes after 10pm.

Fall Camp 2016

K-8th Grade

Wk 1: 10/24-28 Hours: 7:30am-6pm

Parents, yeah, we're talking to you! Have you enrolled your children in Fall Camp yet? Send them to The Rec. for a week of WOW! Our Fall Camp will be filled with engaging activities and memorable field trips.

Theme Days

| | | |
|-----------|-------|------------------------------|
| Monday | 10/24 | Haunted Mansion |
| Tuesday | 10/25 | Mad Science |
| Wednesday | 10/26 | Zombie Invasion |
| Thursday | 10/27 | Field Trip - Sea Bowl |
| Friday | 10/28 | I Want My Mummy |

Fall Camp Res/Non Res Fee:

| | |
|---------------------------------|-----------|
| Daily Fee | \$75/80 |
| Field Trip Only Day Rate | \$85/90 |
| Weekly Rate | \$300/320 |

Winter Camp 2016

K-8th Grade

Wk 1: 12/19-23 Wk 2: 12/26-30

Wk 3: 1/2-1/6 Hours: 7:30am-6pm

The weather is changing which means Winter Break is just around the corner. Come join our fun and energetic staff and let us provide a camp experience filled with engaging activities and memorable field trips. Register now so you're not left out in the cold!

Theme Days

| | | |
|-----------|-------|--------------------------------------|
| Monday | 12/19 | Candy Cane Lane |
| Tuesday | 12/20 | Reindeer Games |
| Wednesday | 12/21 | Jingle Jamz |
| Thursday | 12/22 | Field Trip - Video Game Truck |
| Friday | 12/23 | Chillin' & Grillin' |

| | | |
|-----------|-------|--------------------------------------|
| Monday | 12/26 | Icy Adventures |
| Tuesday | 12/27 | Cool Crafts |
| Wednesday | 12/28 | Snow Ballin' |
| Thursday | 12/29 | Field Trip - San Mateo Movies |
| Friday | 12/30 | Fuzzy Wuzzy |

| | | |
|-----------|-----|--------------------------------|
| Monday | 1/2 | Polar Party |
| Tuesday | 1/3 | Ice, Ice, Baby |
| Wednesday | 1/4 | Winter Wonderland |
| Thursday | 1/5 | Field Trip - Pump It Up |
| Friday | 1/6 | Freeze For Fun |

Winter Camp Res/Non Res Fee:

| | |
|---------------------------------|-----------|
| Daily Fee | \$75/80 |
| Field Trip Only Day Rate | \$85/90 |
| Weekly Rate | \$300/320 |

Ready Set Soccer w/ Ready Set Sports

Let your child's first soccer experience be a great one! Designed specifically for children ages 2.5 - 5, Ready Set Sports strives to teach the fundamentals of soccer in a fun, positive, non-competitive and safe environment. Our program enhances gross motor skills, encourages regular exercise and promotes a healthy lifestyle. **No Class: 9/5.**

Ages: 2.5 to 5 years old

Location: Highlands Recreation Center Grass

Instructor: Ready Set Sports Staff

| | | | |
|---|-------------|--------------|---------|
| M | 8/8-9/19 | 12:30-1:00pm | \$72/77 |
| M | 9/26-11/7 | 12:30-1:00pm | \$72/77 |
| M | 11/14-12/19 | 12:30-1:00pm | \$72/77 |

Ready Set Basketball w/ Ready Set Sports

Let your child's first Basketball experience be a great one! Designed specifically for children ages 3 - 5, Ready Set Sports strives to teach the fundamentals of basketball in a fun, positive, non-competitive and safe environment. Our program enhances gross motor skills, encourages regular exercise and promotes a healthy lifestyle.

Ages: 3 to 5 years old

Location: Highlands Recreation Center Gym

Instructor: Ready Set Sports Staff

| | | | |
|---|------------|--------------|---------|
| T | 8/9-9/20 | 12:30-1:00pm | \$85/90 |
| T | 9/27-11/1 | 12:30-1:00pm | \$72/77 |
| T | 11/8-12/13 | 12:30-1:00pm | \$72/77 |

Pre-K Kuk Sool Won Martial Arts

Tiny Tigers (Ages 4 to 5) - Give your preschooler a head start with a program designed specifically for them. Physical fitness and self-defense skills are presented as fun games and activities. Course focuses on self-control and listening skills in a fun, social and safe environment that builds self-esteem. **\$20 material fee paid to instructor. No Class: 11/23.**

Ages: 4 to 5 years old

Location: Highlands Recreation Center Gym

Instructor: San Mateo Kuk Sool Won Staff

Onsite in Gym

| | | | |
|---|------------|--------------|-----------|
| W | 8/31-10/19 | 12:30-1:00pm | \$130/135 |
| W | 11/2-12/14 | 12:30-1:00pm | \$100/105 |

Offsite-31 West 25th Ave. S.M

| | | | |
|---|------------|-------------|-----------|
| T | 8/30-10/18 | 3:30-4:00pm | \$130/135 |
| T | 11/1-12/13 | 3:30-4:00pm | \$100/105 |

EEC Only Pre-Tennis Youth Tennis Lessons

This is an introductory tennis class for EEC students, ages 3-5 years old that teaches balanced movement, footwork skills and hand-eye coordination. **No Class: 11/23.**

Ages: 3 to 5 years old

Location: Highlands Recreation Center Tennis Ct. 1

Instructor: Scott Perlstein Tennis Staff

| | | | |
|-----|-----------|-------------|-----------|
| M/W | 7/18-8/10 | 3:00-3:30pm | \$75/80 |
| M/W | 9/7-10/12 | 3:00-3:30pm | \$110/115 |
| M/W | 11/2-12/7 | 3:00-3:30pm | \$100/105 |

Pre-K Mobile Gymnastics

Mr. Nick provides a well-rounded non-competitive program for children that provides all aspects of training and conditioning found at traditional gymnasiums. Children improve strength, balance, rhythm, flexibility, and overall motor coordination using specially designed multi-dimensional equipment. Equipment includes: tumbling mats, balance beams, parallel bars, spring-boards, swing bars, trampolines and much more. Gymnastics helps promote social development, cooperative interaction, and positive achievement within a success oriented framework while routines reinforce problem solving skills and augment attention spans. Our website:

www.peninsulaboxing.org/mobile-gym-program/

No Class: 11/24.

Ages: 3 to 5 years old

Location: Highlands Recreation Center Gym

Instructor: Nick Bellafatto

| | | | |
|----|-------------|--------------|-----------|
| Th | 8/25-10/6 | 9:45-10:30am | \$105/110 |
| Th | 10/20-12/15 | 9:45-10:30am | \$120/125 |

Young Rembrandts Pre-K Drawing

This fall, your pre-schooler will "fall" in love with our lessons. Just like the rainbow our youngest artists will create in the month of September, we will cover a colorful and pattern-rich spectrum of subjects. We'll soak in the warm colors of the sun as we draw a radiating sun face and we'll be careful not to get tangled up in our patterned spider web we draw in October! Learn about Native American culture through a detailed tepee we'll draw in November, and celebrate the coming of the winter months with a nutcracker that takes his job seriously. **No Class: 11/11, 11/25.**

Ages: 3.5 to 5 years old

Location: Highlands Recreation Center MPR

Instructor: Young Rembrandts Staff

| | | | |
|---|------------|-------------|-----------|
| F | 9/2-10/14 | 2:30-3:30pm | \$140/145 |
| F | 11/4-12/16 | 2:30-3:30pm | \$100/105 |

Mad Science Crazy Chemworks

Hop on board the chemistry express for this high-speed series of classes where we will learn about what happens in the lab! Snap on some safety goggles to study split second reactions, learn about glow-in-the-dark technology, and spend an adhesive hour learning about things that cling! Discover amazing, slimy things! Freeze water in seconds with dry ice! Slide down the colorful pH scale! This crazy series will blow your mind!

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Mad Science Staff

| | | | |
|---|------------|-------------|-----------|
| M | 11/7-12/12 | 3:30-4:30pm | \$120/125 |
|---|------------|-------------|-----------|

Public Speaking, Confidence Building Program

Speaking in front of an audience can be nerve-wracking. It is our vision to help students gain confidence, lessen their stage fright and be effective communicators/debaters, cultivating leadership qualities in a fun, friendly environment at an early age. "The power of speech rules." Whether one is an entrepreneur, lawyer, comedian, teacher, doctor, actor... the ability to speak professionally in public will empower the individual to gain the leverage he or she wants in any situation. We focus on developing verbal and writing skills, self-discipline, team work, time management ability, creativity, vocabulary, sportsmanship, ethics and most importantly, CONFIDENCE! Your child will learn powerful tools to help with:

- Personality development
- Leadership roles
- Verbal communication skills
- Giving effective, persuasive speeches and presentations
- High school and university admittance process
- Job interviews
- General articulation.

Students receive a free t-shirt, materials included. 25 week session.

No Class: 10/25, 11/22, 12/20, 12/27, 1/3, 2/21.

Ages: Grades 1st-8th

Location: Highlands Recreation Center MPR

Instructor: Speakdebate Staff

Grades 1st-2nd

| | | | |
|---|-----------|-------------|-----------|
| T | 8/30-3/28 | 3:15-4:00pm | \$490/495 |
|---|-----------|-------------|-----------|

Grades 3rd-5th

| | | | |
|---|-----------|-------------|-----------|
| T | 8/30-3/28 | 4:00-5:00pm | \$490/495 |
|---|-----------|-------------|-----------|

Grades 6th-8th

| | | | |
|---|-----------|-------------|-----------|
| T | 8/30-3/28 | 5:00-6:00pm | \$490/495 |
|---|-----------|-------------|-----------|

Kuk Sool Won Martial Arts

Little Dragons (Ages 6 and up) - Kuk Sool Won is known for building character, while gaining strength, flexibility and self-esteem. Martial arts have been shown to improve performance in school and other sports, because it improves focus and coordination.

\$50 material fee paid to instructor.

Juniors (Ages 8 and up) - Kuk Sool Won is an awesome activity to gain coordination, self-confidence, and become fit. **\$50 material fee paid to instructor. No Class: 11/23.**

Ages: 6 and up

Location: Highlands Recreation Center Gym

Instructor: San Mateo Kuk Sool Won Staff

Onsite in Gym-Little Dragons

| | | | |
|---|------------|-------------|-----------|
| W | 8/31-10/19 | 1:05-1:50pm | \$130/135 |
|---|------------|-------------|-----------|

| | | | |
|---|------------|-------------|-----------|
| W | 11/2-12/14 | 1:05-1:50pm | \$115/120 |
|---|------------|-------------|-----------|

Offsite-31 West 25th Ave, S.M

Little Dragons (Ages 6 and up)

| | | | |
|---|------------|-------------|-----------|
| T | 8/30-10/18 | 4:00-4:45pm | \$130/135 |
|---|------------|-------------|-----------|

| | | | |
|---|------------|-------------|-----------|
| T | 11/1-12/13 | 4:00-4:45pm | \$115/120 |
|---|------------|-------------|-----------|

Juniors (Ages 8 and up)

| | | | |
|---|------------|-------------|-----------|
| T | 8/30-10/18 | 4:45-5:30pm | \$130/135 |
|---|------------|-------------|-----------|

| | | | |
|---|------------|-------------|-----------|
| T | 11/1-12/13 | 4:45-5:30pm | \$115/120 |
|---|------------|-------------|-----------|

Beginner Acoustic or Electric Guitar & Ukulele Lessons

Group lessons predicated on our belief that every person, regardless of age, is a capable person. We introduce the student to the musical alphabet (chromatic scale) and how the letters (notes) are put together to form chords. Then we practice stringing (pun intended) chords together to form songs. Finally we play the individual notes of the chords to create transitions, or 'solos'. Each lesson practices strumming patterns, fingerpicking, melody, and harmony. We sing, too! **No Class: 11/23.**

Ages: 4 years old and over

Location: Highlands Recreation Center MPR

Instructor: Brett Burdette

Ages:4-6

| | | | |
|---|------------|-------------|-----------|
| W | 8/31-10/19 | 3:00-3:30pm | \$240/245 |
|---|------------|-------------|-----------|

| | | | |
|---|------------|-------------|-----------|
| W | 11/2-12/14 | 3:00-3:30pm | \$185/190 |
|---|------------|-------------|-----------|

Ages:7-10

| | | | |
|---|------------|-------------|-----------|
| W | 8/31-10/19 | 3:30-4:00pm | \$300/305 |
|---|------------|-------------|-----------|

| | | | |
|---|------------|-------------|-----------|
| W | 11/2-12/14 | 3:30-4:00pm | \$225/230 |
|---|------------|-------------|-----------|

Ages:11+

| | | | |
|---|------------|-------------|-----------|
| W | 8/31-10/19 | 4:00-4:30pm | \$300/305 |
|---|------------|-------------|-----------|

| | | | |
|---|------------|-------------|-----------|
| W | 11/2-12/14 | 4:00-4:30pm | \$225/230 |
|---|------------|-------------|-----------|



After School Golf

Aces Junior Golf Club is a great way to introduce your young player to GOLF! With a 6:1 student to instructor ratio, students will enjoy small class sizes and lessons geared to help them learn the game of golf. Throughout class students will learn about our character development themes: respect, responsibility and integrity and how they relate to life on and off the golf course. Students will also learn proper swing fundamentals, golf rules and safety procedures to take to the course. All classes held at the Highlands Elementary School. **The K-5th class includes a Supervised lunch by HRC staff after school from 12:20-1:00pm. No Class: 11/23.**

Ages: K-5th Grades

Location: Highlands Elementary School Field

Instructor: Aces Jr. Golf Staff

Kinder

| | | | |
|---|------------|--------------|-----------|
| W | 8/31-10/12 | 12:30-1:00pm | \$175/180 |
| W | 11/2-12/17 | 12:30-1:00pm | \$125/130 |

1st-5th

| | | | |
|---|------------|-------------|-----------|
| W | 8/31-10/12 | 1:00-2:00pm | \$250/255 |
| W | 11/2-12/7 | 1:00-2:00pm | \$180/185 |

Junior Jazzercise

Hey kids! Dance with your friends to the hottest music. Junior Jazzercise is a perfect program to get kids active and learn the importance of exercise and health. The program combines fun, easy-to-follow dance moves to popular music, fitness games, and an end of session performance. No dance experience is required. The non-competitive atmosphere is the perfect setting to introduce your child to fitness.

No Class: 11/17, 11/24.

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Sandy Basurto

| | | | |
|----|------------|-------------|---------|
| Th | 9/1-10/6 | 3:30-4:30pm | \$60/65 |
| Th | 11/3-12/15 | 3:30-4:30pm | \$50/55 |

US Chessmates

Chess teaches critical and abstract thinking, planning, logic and patience. U.S. Chess Mates makes learning chess very easy and is suited for all levels from beginner to advanced. Each class will include 30 minutes of instruction and 30 minutes of tournament games. We will create a learning experience that will encourage our students to learn and analyze the game of chess. Learning Outcomes: Chess has been known to improve math skills and encourage self discipline. **No Class: 11/24.**

Ages: 5 to 14 years old

Location: Highlands Recreation Center MPR

Instructor: US Chessmates Staff

| | | | |
|----|------------|-------------|-----------|
| Th | 9/1-10/20 | 4:30-5:30pm | \$110/115 |
| Th | 11/3-12/15 | 4:30-5:30pm | \$85/90 |

Young Rembrandts Children's Drawing

Experience the colorful magic of fall in the Young Rembrandts classroom. Kick off the fall season with a cute Bear dressed and ready for school, a video game favorite Pixel Block Character and the geometrical world of architecture as we draw the Notre Dame Cathedral. Later, students will immerse themselves in the seasonal spirit as they learn still life technique of pumpkins, draw a detailed Scarecrow and draw a silly but challenging Patterned Bat. Finally, get ready for winter as we turn out a "sweet" drawing of a ginger bread house (almost good enough to eat!). We'll draw these (and many more exciting lessons!) while we improve creative and critical thinking skills today's students need. **No Class: 11/11, 11/25.**

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Young Rembrandts Staff

| | | | |
|---|------------|-------------|-----------|
| F | 9/2-10/14 | 3:30-4:30pm | \$140/145 |
| F | 11/4-12/16 | 3:30-4:30pm | \$100/105 |

Teen Night Out

Bring your friends and join Charlie and Taylor for an amazing night out. We will meet at the Highlands Rec Center at 5pm, then head to downtown San Mateo to eat dinner and see a movie. We will head back to the Highlands Rec after the movie for games. Registration fee includes: pizza dinner and a movie. Please bring \$15 max spending money. **Grades: 6th-8th**

| | | | |
|----------|-------|--------------|---------|
| Saturday | 10/15 | 5:00-10:00pm | \$40/45 |
|----------|-------|--------------|---------|

Highlands Rec Soccer w/ Ready, Set, Soccer

**A Non-Competitive Soccer
Program for Boys and Girls
Ages: 4-6 Pee-Wee and 6-8 Juniors**

Join our non-competitive Soccer
Program for Boys & Girls,
ages 4-6 & 6-8. Rec Soccer



is an instructional program for
youth. Ready, Set, Soccer staff
will teach the basics of Soccer in a recreational
environment. Fee includes: coaches, equipment
and t-shirts. **There will be two levels of play, a 4-6
year old program and a 6-8 year old program.**
**Age groups will play on different sized fields
located at the Highlands Elementary School.**

Season 1

Game Dates and Times

Saturday 8/27-10/15

Juniors 9:30-10:30am Highlands Elem.

Pee-Wee 9:30-10:30am Highlands Elem.

No games: 9/3.

**Season 1
Fee: \$70/75**

Season 2

Game Dates and Times

Saturday 10/29-12/3

Juniors 9:30-10:30am Highlands Elem.

Pee-Wee 9:30-10:30am Highlands Elem.

No games: 11/12, 11/26.

**Season 2
Fee: \$40/45**

Rec Soccer Program Format

Games are held at the Highlands Elementary
School grass field (off 280 - Bunker Hill exit).

- NO SCORE is ever kept.

- All children will receive equal playing time.

- Approximately 1 hour of skills, drills and games

Sign-ups begin: 7/5/2016

Youth Tennis Lessons

Pre-Tennis

This is an introductory tennis class for students,
ages 3-6 years old that teaches balanced movement,
footwork skills and hand-eye coordination.

No Class: 11/23.

Lessons held on Court 1.

| | | | |
|-----|-----------|-------------|-----------|
| M/W | 7/18-8/10 | 1:30-2:00pm | \$75/80 |
| M/W | 9/7-10/12 | 3:30-4:00pm | \$110/115 |
| M/W | 11/2-12/7 | 3:30-4:00pm | \$100/105 |

Youth Tennis I

This class is for youth with little experience or
instruction. They will be instructed in the basic
fundamentals of proper grip, forehand, backhand,
serve and volley. Although flexible, Tennis I students
typically range in age from 6-10 years old. **No Class:
11/23.**

Lessons held on Court 1.

| | | | |
|-----|-----------|-------------|-----------|
| M/W | 7/18-8/10 | 2:00-3:00pm | \$108/113 |
| M/W | 9/7-10/12 | 4:00-5:00pm | \$155/160 |
| M/W | 11/2-12/7 | 4:00-5:00pm | \$140/145 |

Youth Tennis II

This class improves upon what was learned in Youth
Tennis I and introduces tennis strategy to the students.
Tennis II students typically range in age from 8-13
years. **No Class: 11/23.**

Lessons held on Court 1.

| | | | |
|-----|-----------|-------------|-----------|
| M/W | 7/18-8/10 | 3:30-4:30pm | \$108/113 |
| M/W | 9/7-10/12 | 5:00-6:00pm | \$155/160 |
| M/W | 11/2-12/7 | 5:00-6:00pm | \$140/145 |

Saturday Youth Tennis

Tennis classes will be held for all levels on Saturdays:
Pre-Tennis, Youth Tennis I and Youth Tennis II.
Descriptions are listed above. **No Class: 11/12, 11/26.**

Saturday Youth Tennis

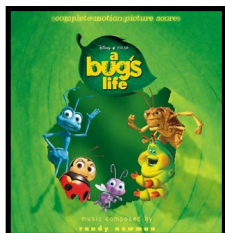
| | | | |
|----------|------------|-------------|---------|
| Pre-T | 9/10-10/15 | 1:30-2:00pm | \$60/65 |
| Youth I | 9/10-10/15 | 2:00-3:00pm | \$85/90 |
| Youth II | 9/10-10/15 | 3:00-4:00pm | \$85/90 |
| Pre-T | 11/5-12/17 | 1:30-2:00pm | \$50/55 |
| Youth I | 11/5-12/17 | 2:00-3:00pm | \$70/75 |
| Youth II | 11/5-12/17 | 3:00-4:00pm | \$70/75 |

Highlands Recreation Center - 60th Anniversary Celebration



The Highlands Recreation District is will be celebrating its 60th birthday in 2017. In preparation for some fun activities and events, we're on the hunt for any and all memorabilia about the neighborhood. Got a great photo of 'the early days'? Got a great story about lasting friendships? Got mementos from a special event? Got something 'vintage' we could display? Or, perhaps, an idea of how to make the celebration memorable for all ages? We'd love your input! We will return all original photos to you. Please call, drop by or email to HRDis60@highlandsrec.ca.gov

Highlands Recreation Center Community Movie Nights Friday, August 19th



Movies will begin around 8pm and be shown outdoors at the Highlands Recreation Center, on the grass (weather permitting). Please bring blankets and chairs to improve your movie watching experience. Popcorn and Refreshments will be available for purchase!

HRC Cornhole Tournament

**\$50 per team, 2 person teams
16 teams max, must pre-register**

Team Fee Includes:

- * Pizza
- * 4 beers per team
- * Double Elimination Bracket Format

1st Prize - 2 SF Giants vs LA Dodgers tickets plus dinner to the September 30th, 7:15pm game.

**Saturday July 30th 3:00pm-8:00pm
Highlands Rec Multipurpose Room**



Highlands Rec Summer Concert featuring local band

Tacos
Face Painting

**Big
Daddy
Sunshine**

Beer &
Wine
Jump Houses



**Saturday
September 10th
at 5pm**

Peninsula Winery Tour



Spend the day in the Santa Cruz Mountains sipping wine with friends! Vans will leave the HRC parking lot at 11am, heading to our first stop at House Family Winery for a tasting and picnic lunch (please bring your own lunch). We will spend the afternoon strolling around Cooper-Garrod Estate. Tasting fees paid separately at the time of tasting. Only 14 seats available. Registration fee \$35 per person. Vans will return by 5pm.

Saturday November 5th 11am-5pm



Beginning Digital Photography

In this hands on introduction to digital photography, we will work to understand the cameras menus and modes, metering, focusing, filters, the flash, light, color and basic composition which will prepare us for still life, portraiture, night shooting and printing activities in class. This class covers photographic concepts to enhance hands on knowledge of the camera and computer. Also, included is a one hour private printing workshop the weekend of 5/21/16 for the first session and 7/30 for the second session class. **A \$40 material fee payable to instructor.**

Ages: 17 years old and over

Location: Beresford Recreation Center Activity Room, 2720 Alameda de las Pulgas, San Mateo, CA.

Instructor: Marty Springer

M 9/12-11/7 7:00-9:30pm \$145/150

AARP Smart Driver Course

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest refresher course designed specifically for older drivers. For more than 30 years, the courses have taught millions of drivers proven safety strategies so they can continue driving safely for as long as possible. The new course provides research-based information to help you update your driving knowledge and skills. By participating in this course, you are taking advantage of an important opportunity to learn how to drive more safely and confidently. Both sessions must be completed to receive the course certificate.

Ages: 50 years old and over

Location: Highlands Recreation Center MPR

Instructor: Warren Wong

M,T 10/24, 10/25 12:30-4:30pm \$15/20



Dance Classes

Wedding Workshop & NightClub Two-Step

Whether you're looking to learn a new dance, searching for the perfect Wedding dance, or going to a special event -- this class is for you! Learn the elegant and rhythmical NightClub Two-Step with instructor Kimi who has helped thousands of Wedding couples.

Latin and Rhythm

In this fun class, you'll have the option of learning a variety of dances including the romantic Rumba, the snappy Cha-Cha and smooth West Coast Swing -- dances seen on 'So You Think You Can Dance' and 'Dancing With The Stars'! No partner needed.

Dance the Waltz!

Learn the graceful and beautiful Waltz with instructor Kimi! Basics, technique, and a new pattern will be covered each week. No prior dance experience required. **No Class: 9/5. Price is per person.**

Ages: 18 years old and over

Location: Highlands Recreation Center MPR

Instructor: Kimi Wynn

Wedding Workshop & Nightclub Two-Step

| | | | |
|---|------------|-------------|---------|
| M | 8/22-10/24 | 7:30-8:30pm | \$75/90 |
|---|------------|-------------|---------|

Latin & Rhythm

| | | | |
|---|------------|-------------|---------|
| M | 8/22-10/24 | 8:30-9:30pm | \$75/90 |
| M | 11/7-11/28 | 8:30-9:30pm | \$38/43 |

Dance the Waltz

| | | | |
|---|------------|-------------|---------|
| M | 11/7-11/28 | 7:30-8:30pm | \$38/43 |
|---|------------|-------------|---------|



Yoga-lates

This class is for all levels of yoga practitioners. We will incorporate yoga stretching and breathing while also building strength with Pilates exercises. The class will have music, and all exercises will help students release tension, enhance range of motion, and improve flexibility. Yoga is not about perfection; it's about learning patience and self-care. Come share the experience of yoga as a path to natural self-healing and centering. **No Class: 9/5, 11/23.**

Ages: 16 years old and over

Location: Highlands Recreation Center MPR

Instructor: Christine Salah

| | | | |
|---|------------|--------------|----------|
| M | 8/29-10/17 | 9:00-10:00am | \$75/80 |
| M | 11/7-12/12 | 9:00-10:00am | \$75/80 |
| W | 8/31-10/19 | 12:00-1:00pm | \$95/100 |
| W | 11/2-12/14 | 12:00-1:00pm | \$75/80 |

Jazzercise

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today! Join our awesome workout, wear comfortable clothing, bring a water bottle, mat and hand weights are optional. **First Month only \$25. Some restrictions apply. Classes are held in the Highlands Recreation Center Gym.**

Tami McCann tamijazz@gmail.com
Certified Jazzercise Instructor (650) 226-3484

Tues/Thurs - 8:00am **Tues/Thurs - 6:15pm**
Sunday - 9:00am

Classes are ongoing, please register at class.
www.jazzercise.com Call (800) FIT IS IT

Sushi Time

Do you, your family and/or friends like to eat California roll sushi? Come for a fun evening and learn how to roll your own. Sharon Sakai will show you techniques her mother-in-law taught her years ago. Bring your appetite and a container to take samples home. Please sign up by **Thursday prior to the class date**, so that Sharon has time to purchase the right amount of ingredients.

Ages: 10 years old and over

Location: Highlands Recreation Center MPR

Instructor: Sharon Sakai

M 9/19 6:30-8:00pm \$30/35

Beginner Soul Line Dance

Looking for a fun way to exercise both mind and body? Come join us for SOUL LINE DANCING. Soul line dancing is a fun step dance. We dance in parallel lines, with a repeated sequence of easy steps, no partner needed! The various types of music we use are soul, pop, rhythm and blues, and jazz with some zydeco and country. "Dar" Masamori has been line dancing for over five years with different instructors throughout the Bay Area. She's bringing this fun style of dance to adults of all ages. Wear comfortable clothing and shoes. **Drop-ins: \$5 at the door.**

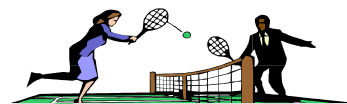
No Class: 11/23.

Ages: 18 years old and over

Location: Highlands Recreation Center Gym

Instructor: Dar Masamori

W 6/29-9/14 7:00-8:30pm \$48/53
W 9/21-12/14 7:00-8:30pm \$48/53



Adult Tennis Coaching

Tennis coaching has been one of the longest running and most popular programs at HRC. Find out why as Scott Perlstein and staff instruct students on how to work on stroke production, doubles strategy, and a whole lot more. This is an ongoing program.

| Level | Day | Time | Location |
|----------|-----|--------|------------|
| Rank 4.0 | Fri | 12-2pm | Courts 1-3 |

Private Tennis Lessons

Available daily from Scott Perlstein Enterprises. For more information, rates and/or sign-ups call Scott at 343-7343.

(paid ad)

Community Rummage Sale

Sell your treasures in your driveway or join together with your neighbors for a group sale! Sign up (for free) with the Rec and we'll handle all the advertising!

Contact brigitte@highlandsrec.ca.gov or check the website for more info.

Saturday September 24th 8am-1pm

Adobe Elements for Photographers

In the second part of the Beginning Digital Photography course, we will bring your vision to the next level using the Adobe Elements 14 program. This class will help you continue on your photographic journey and take your images to professional and artistic standards. Bring your laptop. If you do not have a laptop you can follow along with the lecture/demonstration. You must have completed Marty's Beginning Photography course to enroll in this class. There is a \$20.00 supply fee due to the instructor on the first class. **Pre-Requisite: Marty's Beginning Digital Photography course. A \$20 material fee payable to instructor.**

Ages: 17 years old and over

Location: San Mateo Senior Center, Game Room, 2645 Alameda de las Pulgas, San Mateo, CA.

Instructor: Marty Springer

Th 9/15-11/10 6:45-8:45pm \$100/105

Play Poker like a Pro

Bill is the author of "For Winners Only: A Pocket Scoring System for Beating Texas Hold'em." After this course of five, one-hour sessions, you'll be able to go home with most of the chips in your friendly poker game - or play online or at a casino and grow your chip stack at the expense of the other players. Bill will introduce you to a proven system for deciding when to enter a pot, when to raise, when to call, and when to fold. You'll learn about pot odds, drawing odds, outs, and all the statistical concepts required to be a winner.

Ages: 18 years old and over

Location: Highlands Recreation Center MPR

Instructor: Bill Fried

F 9/9-10/7 10:00-11:00am \$65/70



The Community Emergency Response Team (CERT) program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills such as fire safety, light search and rescue, team organization and disaster medical operations.

Mon 9/26-10/24 6:30-9:30pm
Sat 10/29 9-2pm

After attending your 6 CERT training classes you are required to attend a disaster simulation day to receive your certification.

Disaster Simulation Day: Saturday, 10/29 from 9am-2pm. Location: Cal Fire Station 17, 320 Paul Scannell Dr, San Mateo, CA, 94402.

Red Cross CPR

The Adult and Pediatric CPR/AED course incorporates the latest science and teaches students how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric CPR/AED valid for two years. **\$27 lab fee paid to instructor at first class pays for your Certificate of completion.**

Ages: 18 years old and over

Location: Highlands Recreation Center Social Room

Instructor: Tricia Hall

M/W 11/14, 11/16 6:00-8:00pm \$100/105

Fire Extinguisher Event

Highlands CERT and Cal Fire is hosting a fire extinguisher event at the Highlands Rec. Attendees will have the opportunity to purchase fire extinguishers, bring in fire extinguishers for servicing/refill and leave extinguishers to be recycled. There is a minimal fee for servicing/refill and purchasing, but there's no fee for recycling. CERT members will help explain how and when to use an extinguisher properly.

Open to the Public!

**Saturday, September 10th 9am-12pm
Highlands Rec Multipurpose Room**

(paid ad)



110 De Anza Boulevard
San Mateo, CA 94402
(650) 342-6978

lynnette@crystalcleaningcenter.com



Have your party at the Highlands Recreation Center!

All rentals include: Tables, Chairs and a rental supervisor to help with your party needs.

For more information about pricing and availability, or to reserve your party date, please call Jeff Schwartz at (650) 341-4251

PLEASE BE AWARE THAT BY ATTENDING ANY PROGRAMS/EVENTS, YOU CONSENT TO YOUR VOICE, NAME, AND/OR LIKENESS BEING USED, WITHOUT COMPENSATION, IN PHOTOGRAPHS AND VIDEO FOR USE IN ANY AND ALL MEDIA, WHETHER NOW KNOWN OR HEREAFTER DEvised, FOR ETERNITY, AND YOU RELEASE THE HIGHLANDS RECREATION DISTRICT, ITS OFFICERS, EMPLOYEES, SUCCESSORS, ASSIGNS AND LICENSEES FROM ANY LIABILITY WHATSOEVER OF ANY NATURE.

**Check out the Highlands
Recreation Center website
www.highlandsrec.ca.gov**

REGISTRATION

REGISTRATION

- * Register by mail, in person, by phone or online at www.highlandsrec.ca.gov
- * Walk in and phone registration is available M-F from 9am-5pm.
- * **Registration is complete and enrollment is ensured only when class fee is paid in full.**

PAYMENT

- * We accept payment in cash, check, VISA, MC, AMEX or Discover or, for ongoing monthly charges, by automatic bank withdrawals (ACH payments). You may prepay for no more than 3 months of service.
- * A \$5 nonrefundable transaction fee is added to each registration. You may enroll in multiple classes in one registration.
- * Monthly automatic bank account withdrawals (ACH) only require a \$2 nonrefundable transaction fee.
- * A \$20 service charge will be incurred on a returned check.
- * A \$20 fee is charged for stop payment and re-issuance of a refund check.
- * A \$15 late fee is charged per participant per class if monthly fee is not paid by the end of the **5th business day of the month.**

ENROLLMENT/ CHANGES/CANCELLATION

- * Classes are filled on a first come, first served basis. ** your enrollment is ensured only when class fee is paid in full.**
- * In the event that enrollment does not meet minimum requirements, the HRC may cancel the class. The HRC will notify registrants and class fees will be refunded.
- * Please note: Prices are subject to change without notice.
- * Participants may transfer between classes, space permitting, prior to the 2nd class meeting.
- * Participants in seasonal and aquatic programs may cancel enrollment prior to the 2nd class meeting and receive a prorated credit or refund of class fees. No credits or refunds are given after the 2nd class meeting.
- * If cancelling enrollment at any time before or during a session and NOT enrolling in another session at that time, you may receive full district credit OR a prorated credit card refund, less a \$5 administrative fee.
- * If waitlisted, registrants will be notified if space becomes available. We must receive a response by 10am the following business day or the space will be offered to others.
- * If a single class is cancelled by the Highlands Recreation District for any reason, a pro-rated district credit will be automatically applied to your household credit. No cash, check or credit card refund will be given.
- * Credits can be applied to any program at the Rec, and will avoid additional transaction fees.
- * Credits must be used within one year of issue.
- * If enrolled in a monthly program, payment must be received by the end of the 5th business day of the month. Otherwise, a \$15 late fee will be charged. If enrolled in our ACH payment program, cancellation or changes must be received by the 15th of the month prior to the ACH withdrawal. ***For EEC, ASP & In Crowd see the Director.**



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Corporate Gifts • Birthday Parties • Picnics • School Events

Highlands Book Club

The HRC Book Club is open to anyone interested in sharing the love of reading. We'll have exciting and in depth discussions about readings chosen by the group on a monthly basis. Call the Rec to get more information on the current books being read. New members always welcome to join!

1st Tuesday Monthly 10:15-11:15am MPR

Fitness Memberships

Highlands Residents Only

Fitness Memberships are free with a pool membership. However, if you would like just a fitness membership, see the rates below. The Fitness Center has 16 pieces of Fitness equipment including dumbbells, a treadmill, two stair steppers, and other Hydra-Fitness equipment available for personal training use and Circuit Training Classes. Circuit Training can simultaneously burn body fat, increase cardiovascular (aerobic) fitness level and increase muscle strength and endurance.

General Use Hours

MWF 6:30am-8pm
TTh 9am-8pm
Sat/Sun 11am-6pm

F.C. Closed

Monday-Friday 3-5pm*
*Times to be determined by seasonal programs.

Call the office to check in with the current schedule.

Ages 15 and up!

Membership

For Residents Only

One year membership from date of purchase

Senior (62+) \$50

Single.....\$75

Each Add'l....\$30

Circuit Training

M-F, 9-10am
Non-Accredited Instr.
No Class Fee
Fitness Members only



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